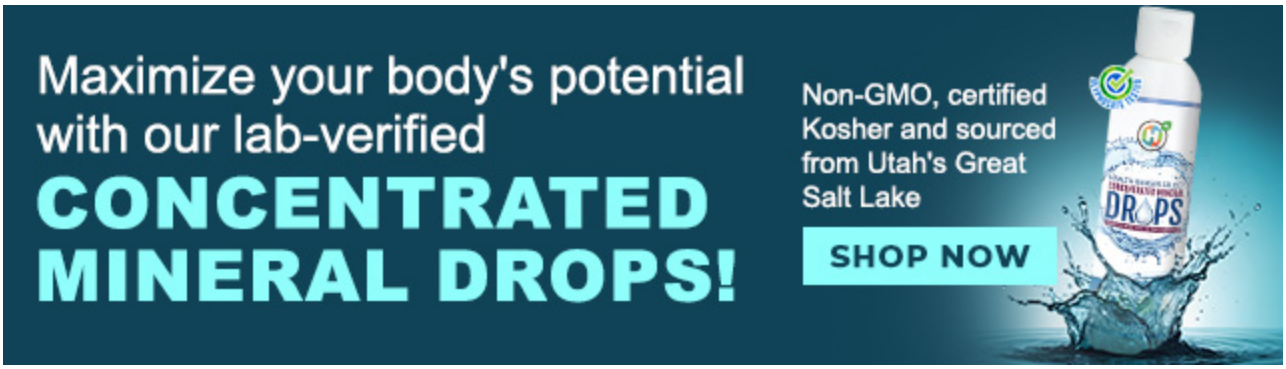

Nature's cold-fighting arsenal: Immune-boosting foods and healing recipes you need now

04/02/2025 // Willow Tohi // **920** Views

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- Nutrients like zinc, quercetin and allicin modulate immunity, reduce inflammation and shorten illness duration.
- Traditional remedies offer a natural alternative amid antibiotic resistance concerns.
- The article emphasizes food as medicine for immune resilience and health sovereignty. It also encourages integrating immune-supportive foods for long-term wellness.

As cold and flu season hangs around, many are searching for natural ways to strengthen immunity and speed recovery—without relying solely on over-the-counter medications. Nutritionist Cai Yifang of Taiwan's Keyi Nutrition Consulting Center recently shared science-backed dietary strategies on NTDTV's Health 1+1 program with *The Epoch Times*, revealing six powerhouse foods that combat cold symptoms while supporting immune function.

In an era where antibiotic resistance and immune dysfunction are growing concerns, these traditional remedies offer a gentle yet potent alternative. Here's how to harness nature's pharmacy — plus five nourishing soup recipes to restore vitality.

With rising distrust in synthetic pharmaceuticals and increasing interest in holistic health, people are turning to food as medicine. Research confirms that certain nutrients — like zinc,

quercetin and allicin — can modulate immune responses, reduce inflammation and even shorten illness duration. As seasonal viruses evolve, fortifying the body with these foods may be more crucial than ever.

6 Immune-boosting foods to fight colds

Help your body recover with these nutrient powerhouses:

1. Green onions: Nature's antibacterial ally

Green onions contain sulfur compounds (allicin, alliin) and flavonoids (quercetin, kaempferol) with proven antibacterial and anti-inflammatory effects. "These help boost immune function and relieve cold symptoms," says Cai.

2. Onions: The inflammation fighter

Rich in quercetin and organic sulfides, onions regulate immunity, reduce infections and ease pain. Purple onions, in particular, may inhibit viral replication.

3. Garlic: The immune modulator

Garlic's allicin and polysaccharides enhance immunity by stimulating macrophages and natural killer (NK) cells. Studies suggest it can even reduce cytokine storms — a key factor in severe infections.

Multiple studies show that garlic boosts immunity in several ways, including by stimulating immune cells, regulating cytokine secretion, promoting the growth of probiotics and providing trace minerals and vitamins, like vitamin C.

4. Ginger: The antiviral warrior

Gingerol and shogaol combat respiratory viruses while soothing nausea. Research shows fresh ginger inhibits respiratory syncytial virus (RSV), a common cold culprit.

5. Radish: The phlegm buster

Radishes contain flavonoids that break down mucus and inhibit bacterial biofilms (like Klebsiella pneumoniae), making them ideal for cough relief.

6. Oysters: The zinc powerhouse

Zinc and Omega-3s in oysters enhance gut microbiota balance — a critical factor in immune resilience.

5 Healing soups to speed recovery

Help fast-track your recovery with these nutrient-dense soups:

1. Green onion chicken soup

Why it works: Chicken provides protein, while green onion sulfides combat inflammation. The broth's warmth thins mucus and improves circulation.

2. Garlic pork ribs soup

Why it works: Garlic and red dates (rich in vitamin A) protect respiratory mucosa. Wolfberries add antioxidants.

3. Radish and pork ribs soup

Why it works: Radish clears phlegm; corn adds natural sweetness for easier digestion.

4. Onion, seaweed and egg drop soup

Why it works: Seaweed's minerals and onion's quercetin block viral entry points.

5. Ginger and oyster soup

Why it works: Oysters replenish zinc; ginger soothes throat inflammation.

Don't forget the old favorites when you're ill: chicken noodle soup and hot tea. Both will loosen mucous, soothe a sore throat and help you sleep.

Foods to avoid during a cold

There are some foods that should be avoided when you're ill because they are harder on the digestive system. These include:

- Raw/fermented foods (sashimi, carbonated drinks)
- Spicy/greasy meals (irritate digestion)
- High-fiber foods (celery, grains—delay recovery)

The bigger picture: Food freedom and immune resilience

As governments debate "immunity passports" and Big Pharma pushes new vaccines, these foods remind us that nature provides robust defenses. Integrating them into your diet isn't just about fighting colds—it's about reclaiming health sovereignty.

"The body's ability to heal is greater than anyone has permitted you to believe." — Let food be your first medicine.

Try these recipes today — your immune system will thank you.

Sources include:

TheEpochTimes.com

HeartandStroke.ca

NaturalNews.com

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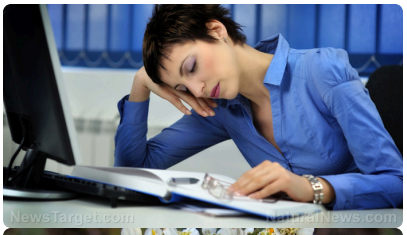

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